

NUTRITION

BREAKFAST Waking Up to a Healthy Start

Waking up is hard to do, especially difficult for those people who'd probably like to avoid that time of day and everything that comes with it - even breakfast.

Breakfast will always be an important meal of the day - one that should be consumed by people of any age. Eating breakfast is associated with improved strength and endurance in the late morning, along with a better attitude toward school or work. Breakfast helps to replenish blood glucose levels, which is important since the brain itself has no reserves of glucose, it's main energy source, and must constantly be replenished.

Breakfast Tips

Avoid the temptation to be a breakfast skipper by following these quick tips:

Time is a Factor

Build a breakfast around foods that are ready to eat or take little preparation time. There are plenty that qualify: fresh and canned fruits, milk, yogurt, cheese, cottage cheese, ready to eat cold cereals and instant breakfast mixes.

Breakfast on the go

You can make a breakfast that will travel with you. Try apple slices spread with peanut butter or yogurt mixed with dried fruits or vegetable and 100% fruit juices.

Give your cereals a boost

Top cereals with fruit or stir chopped nuts such as peanuts, pecans and walnuts into cooked cereal.

Not hungry yet?

Drink juice. Something is better than nothing. Have some whole wheat bread or a bran muffin later in the morning, then drink some milk and eat some cheese, an egg or peanut butter.

Don't skip if you're on a diet.

There's no evidence that skipping meals may help you lose weight. Skipping breakfast may cause you to eat more later in the day so always plan to have a nutritious breakfast that will jumpstart your day.

